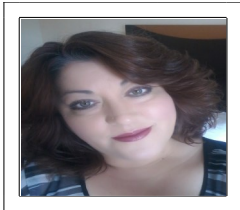


The Highland Fling

"Where Friends are made and Friendships grow"

A Message from the Center Manager



Every Year we celebrate Thanksgiving a day early by serving a Traditional Thanksgiving feast! Reservations are required for this fabulous meal so stop by or call the front desk for a spot. The cost is \$3.25 for those who are 60+. We will have some lovely music to enjoy while you are having lunch with your friends here at Highland. The Staff and I would like to Thank our Veterans for your service and dedication to our country and we Celebrate you! We also would like to wish everyone a Happy Thanksgiving Day and we hope that you spend it with your friends, family or loved ones and that you embrace the spirit of Giving!



Truly, Julianna Brooks

Highland Senior Center will be Closed

***Friday, November 10th in
Observance of Veterans Day***

***Thursday, November 23rd &
Friday, November 24th for
Thanksgiving Holiday***



November 2017



CITY OF ALBUQUERQUE



BERNALILLO COUNTY

Richard J. Berry, Mayor

Jorja Armijo-Brasher, Director

Highland Senior Center Hours of Operation

Monday 8:00am – 5:00pm

Tuesday 8:00 am – 5:00 pm

Wednesday 8:00 am – 7:00 pm

Thursday 8:00 am – 5:00 pm

Friday 8:00 am – 5:00 pm

Saturday 10:00 am – 4:00 pm

Sunday – Closed



Phone # 767-5210

Highland Staff

Julianna Brooks.....Center Manager

Arsenio Sanchez.....Program Coordinator

Gloria Ortiz.....Office Assistant

Stacie Davis.....Program Aide

Angela Lovato.....Program Aide

Melinda SenaCook

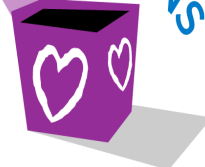
Darlene Lopez-Martinez...General Service

Our Mission....

The Department of Senior Affairs is a community leader, who in partnership with others, involves Seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.



SUGGESTIONS



Suggestion Box is located next to the Social Hall Doors. Please Remember to sign your suggestions so that we can feature your ideas or comments in the monthly newsletter!

Thank You!

Julianna Brooks, Center Manager

Jean Martin writes:

It would really be nice to have an ice machine to make ice water to stay cool and hydrated.

Thanks Jean for submitting your suggestion. Our center is not equipped to have an ice machine out in the social hall, but we do have one in the kitchen. Our kitchen does provide a large container of ice water every morning. If you would like additional ice you may ask the kitchen during the hours that they are here to fill up a container for you and they would gladly try to accommodate you!

Julianna Brooks, Ctr. Manager

SENIORS GOT TIME? NEED \$\$\$\$\$?

The Senior Companion Program Needs YOU!



Senior Companion Program volunteers assist clients with light grocery shopping and doing errands. No nursing or cleaning duties. Most importantly, they provide companionship and develop friendships with their clients. Senior Companions can also provide respite service to family members. Senior Companions receive mileage reimbursements, supplemental accident and liability insurance while serving, meals while on duty, pre-service and monthly trainings and recognition throughout the year. Senior Companions must volunteer a minimum of 16 hours a week Monday thru Friday 8 to 5pm.

If you earn \$1,980 or less a month, are 55 or older you may qualify to earn a monthly, tax free stipend of \$200 - \$400/month for your volunteer service.

- **for more information call Heath Barkley, or Dustin Salazar at (505) 764-1612.**

*Just a Friendly Reminder:
Current Membership is required to*



participate in ALL Senior Center Activities, and Trips. Membership is only \$15.00 per year.

Please look at the back of your card to check your expiration date.

If you have lost, or misplaced your card please check with the Highland Senior Center front desk to see how to replace it!

Thank You for your Cooperation!

**It's time to
"Fall Back!"
Daylight Savings Time
Ends Sunday at 2am**

*Another Friendly Reminder:
On Sunday, November 5th!
Set Your Clock Back One Hour*



Attention Retired Senior Volunteer Program (RSVP) Volunteers: Volunteer hours are due to the RSVP office no later than the fifth (5th) day of each month. When you report your hours to us, the City of Albuquerque can demonstrate how many hours that RSVP volunteers contribute to serving our community. If you are unsure whether or not you have turned in your volunteer hours or would like to register to be an RSVP volunteer, call 505-767-5225. **The Retired Senior Volunteer Program is now located at the Highland Senior Center, 131 Monroe NE, Central and Monroe behind Dion's Pizza**

The Foster Grandparent Program (FGP) Advisory Council

needs members to join its efforts in promoting awareness and educating the community about FGP and senior issues. Council members advocate on behalf of FGP volunteers, evaluate the Program's effectiveness, and assist in the recognition of Foster Grandparents by raising funds and in-kind resources. The Council currently meets once a month at the Barelas Senior Center. For more information call 505-764-1612.

Meals on Wheels of Albuquerque needs volunteers in the kitchen any day Monday through Friday from 9 am-11 am. Drivers are needed to deliver meals to the homebound any day Monday through Friday from 10:30 am – 12:30 am. (Use of personal vehicle is required). Please call 505-767-5225.

Catholic Charities needs volunteers for the following position. Senior Transportation Services Driver (Use of personal vehicle is required); agency gives mileage reimbursement. Volunteers will provide transportation to medical appointments, grocery shopping etc. door to door service. Volunteers are asked to serve at least three hours per week Monday through Friday. Please call 505-767-5225

Ronald McDonald House Family Room Volunteers

Volunteers are needed to greet families and sign them in, maintain laundry room, stock food and drinks and help families with their needs. Volunteers are asked to work one three hour shift per week. Please call 767-5225.

Mileage reimbursement is available to RSVP volunteers.

RSVP is part of Senior Corps and is administered by the Corporation for National and Community Service (CNCS). The purpose of RSVP is to recruit senior volunteers into public, government and non-profit organizations to meet community needs. For this and other volunteer opportunities call 505-767-5225.

The Foster Grandparent Program



FGP supports over 80 volunteers who contribute more than 80,000 hours to children each year! Volunteers serve in over 40 sites throughout Albuquerque, including: elementary schools, head start programs, and day care centers.

Having a volunteer in the classroom benefits everyone involved: The **Teacher**, by providing additional support to mentor and tutor children, one-on-one, The **Senior**, by providing an opportunity to remain active and engaged in their community, and **Children** with special and exceptional needs, by offering assistance from another positive adult role model and giving them the necessary attention for mental, emotional, and social development.

Eligibility Requirements:

- Be 55 or above Be willing to serve 20 hours per week
- Pass a physical, tuberculosis test, and background check
- Love Children and wish to make a positive difference in their lives

Benefits:

- Pre-service and monthly trainings
- Supplemental accident and liability coverage while on duty
- Meals while on duty
- Mileage reimbursement
- Annual recognition events
- Stipend for those who are income-eligible
- Remain active while making a difference

Call (505) 764-1612 For more Information and/or an Application!



Groups & Educational Services

Hike Schedule

Tuesday, November 7th
Tuesday, November 21st

- Cost will vary for every trip
- Check In 8:00AM
- Depart 8:15AM
- You may view the hike schedule at www.aschg.org



Defensive Driving Classes

Thursday, November 2nd
(1st Thursday of every Month)
12:15pm - 4:15 pm

Saturday, November 11th
(2nd Saturday of every Month)
10:30 pm - 2:30 pm

Senior Citizens Law Office

Tuesday, November 21st
(3rd Tuesday of Each Month)

1:00PM General Lecture on wills, probate,
powers of attorney, related topics.

2:00PM Medicaid and nursing home issues Q&A

Wednesday, November 1st

(1st Wednesday of each Month)
By Appointment Only

The Senior Law Office will be offering the following services here at Highland Senior Center.

- Preparation of Powers of Attorney
- Cremation Authorizations
- EMS/DNR

You must Contact the Senior Law Office
Yourselves to Schedule your Appointment.

265-2300

GEHM Clinic

GEHM Clinics are nurse managed clinics, which promote healthy aging by addressing the concerns of senior citizens. The clinics provide a wide variety of health services to help seniors obtain and maintain the highest level of health and independence. Services are provided by Registered nurses from University of New Mexico College of Nursing assisted by UNM Health Sciences students.

Wednesday, November 22nd

8:00AM – 12:30PM In Room #3

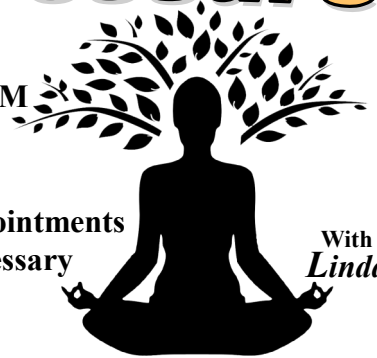
Highland Senior Center NOW Offers....

Acupressure

Wednesday's
9:00AM to 1:00PM
In Room 3

No Appointments
Necessary

With
Linda



Linda performs acupressure massage therapy by applying gentle pressure to precise points on the body. Participants remain fully clothed during their entire session. Acupressure balances the body's opposing forces of negative "Yin" and positive "Yang" energy and not only treats the entire body structure, but also seeks to balance the mind and spirit.

Come Join The Gray Panthers
at Highland Senior Center



Meet Every 4th Saturday
From 1:00PM to 3:00PM

Gray Panthers brings together young, old, women, men persons of all ethnic, racial and economic backgrounds for the promotion of social and economic justice. The meetings have guest speakers speaking on current local and national issues.

Friendship Coffee



Every Monday
From 1:00PM to 4:00PM

*Visit with a local sponsor
& there is usually refreshments!*



Afternoon Matinee

Every Friday @ 2:00PM

*** Movies are Subject to Change

*** FREE BAG OF POPCORN
(for Senior Center Members watching the movie)

11/03 Going in Style PG-13

11/17 St Vincent PG-13

* Center will be CLOSED Friday, November 10th & 24th

AFTERNOON DANCES

3rd Wednesday Of Each Month

1:30 - 4:30PM

\$3.00

**Type of music played differs every month
from New Mexico to **Ballroom Music**.**

& Remember, "DANCING is FUN" Exercise!



⇒ **11/15 Trio Bravo (BR MUSIC)**

⇒ **12/20 Pure Gold (NM MUSIC)**

⇒ **01/17 Roger Burns (BR Music)**

Nutrition Tips from Casa

The health benefits of turkey

The pros

Turkey is a rich source of [protein](#). Skinless turkey is low in fat. White meat is lower in kilojoules and has less fat than the dark meat. A typical turkey consists of 70 per cent white meat and 30 per cent dark meat. Turkey meat is a source of iron, zinc, potassium and phosphorus. It is also a source of vitamin B6 and niacin, which are both essential for the body's energy production.

Regular turkey consumption can help lower cholesterol levels. The meat is low-GI and can help keep insulin levels stable. Turkey contains the amino acid tryptophan, which produces serotonin and plays an important role in strengthening the immune system. It is also a source of selenium, which is essential for thyroid hormone metabolism. It also boosts immunity and acts as an antioxidant.

The cons

Turkey can be high in sodium. Some meat, particularly prepackaged slices, can be processed and contain other substances. Turkey skin is high in fat. Research suggests large amounts of tryptophan can make you sleepy.

Turkey tips

If you can, buy organic. Turkeys raised organically will have been treated humanely and are less likely to contain pesticides and herbicides. Look for meat that is supple.

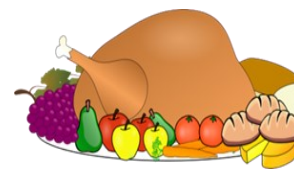
A turkey roast is cooked properly when it is piping hot all the way through.

Turkey dries out quickly, so don't overcook it.

If marinating turkey meat, put it in the fridge straight after you've finished, as it is highly sensitive to heat.

Store turkey separate from any gravy, stuffing or raw food.

Refrigerated turkey will keep for about one or two days. If it is already cooked, it will keep for about four days.



Highland Senior Center On Going Schedule of Activities

Monday

8:00 am - 1:00 pm	Arts Mart/Flea Market
8:30 am - 10:00 am	AM Adapted Aquatics
9:00 am - 10:00 am	Exercise to Music
9:00 am - 11:30 am	Laptop Quilters
9:30 am - 11:30 am	Artist Series
10:15 am - 11:15 am	Gentle Exercise
12:30 pm - 2:00 pm	PM Adapted Aquatics
12:30 pm - 4:00 pm	Mexican Train Dominoes
1:00 pm - 4:00 pm	Beginning Pottery w/Christine
1:00 pm - 4:00 pm	Canasta Card Group
1:15 pm - 3:30 pm	Bingo
1:00 pm - 4:00 pm	Friendship Coffee
2:00 pm - 3:00 pm	Gentle Yoga
3:15 pm - 4:00 pm	Balance & Movement for Parkinson's

Tuesday

8:00 am - 4:30 pm	Hikes (are every other Tues.)
8:00 am - 12:00 pm	Quilting
8:15 am - 9:15 am	Flex & Tone
10:00 am - 11:30 am	Portrait Drawing
12:00 pm - 4:00 pm	Bridge Group
12:00 pm - 4:00 pm	Pinochle
12:30 pm - 3:00 pm	Spanish Intermediate
1:00 pm - 3:00 pm	Senior Citizen's Law Office (every 3 rd Tues.)
1:30 pm - 3:00 pm	Advanced Line Dancing
3:15 pm - 5:00 pm	Highland Reader's Theater

Wednesday

8:00 am - 12:30 pm	GEHM Clinic (see front desk)
8:30 am - 10:00 am	AM Adapted Aquatics
9:00 am - 10:00 am	Exercise to Music
9:00 am - 12:00 pm	Pottery w/Penne
9:00 am - 12:00 pm	Senior Citizen's Law Office (every 1 st Wed.)
10:00 am - 12:00 pm	Senior SAGE Men's Group (every 3 rd)
10:00 am - 12:00 pm	Highland Harmonizers
10:15 am - 11:15 am	Gentle Exercise
12:30 pm - 3:30 pm	Mexican Train Dominoes
12:30 pm - 1:30 pm	Birthday Social (every 1st Wed.)
1:00 pm - 3:00 pm	Chess for Fun
1:00 pm - 3:00 pm	Open Computer Lab
1:00 pm - 2:00 pm	Guitar Group
1:30 pm - 2:30 pm	Afternoon Yoga
2:45 pm - 3:30 pm	Balance & Movement for Parkinson's
2:45 pm - 4:00 pm	Table Tennis/Ping Pong
3:00 pm - 6:00 pm	Afternoon Dance (every 3 rd Wed.)
4:45 pm - 6:45 pm	SAVVY Meeting w/Alzheimer's Association New Mexico Chapter
5:00 pm - 6:00 pm	Corvair Meeting (every 3 rd Wed.)

Thursday

8:15 am - 9:15 am	Flex & Tone
9:00 am - 12:00 pm	Scrabble Group
9:30 am - 12:00 pm	Open Studio Watercolor
9:30 am - 10:30 am	Tai Chi Chaun
11:15 am - 12:15 pm	Nia
12:00 pm - 4:00 pm	Pinochle
12:15 pm - 4:15 pm	AARP Defensive Driving (every 1st)
12:30 pm - 3:30 pm	Bridge Ladies
1:00 pm - 4:00 pm	Open Studio Pottery
1:30 pm - 2:30 pm	Tai Chi Chaun Intermediate
2:00 pm - 4:00 pm	Senior LGBT Meeting (every 2 nd Thurs.)

Friday

8:30 am - 10:00 am	AM Adapted Aquatics
9:00 am - 10:00 am	Exercise to Music
9:00 am - 11:00 am	Senior Softball Meeting (every 2 nd Fri.)
10:00 am - 11:00 am	Free Blood Pressure Checks w/Betsy (Walk-ins, No Appt. Needed)
10:00 am - 12:00 pm	Compassion & Choices Lecture Group on Advance Healthcare (every 1st Fri.)
10:15 am - 11:15 am	Gentle Exercise
10:30 am - 12:00 pm	Hi-Toners (every 1 st , 2 nd , 3 rd Fri.)
12:30 pm - 2:00 pm	PM Adapted Aquatics
12:30 pm - 4:30 pm	Shanghai Rummy Game
1:00 pm - 5:00 pm	Open Studio Crochet & Knitting Group
1:00 pm - 3:00 pm	Mahjong Chinese Game
1:30 pm - 3:00 pm	Writing About Our Lives
2:00 pm - 4:00 pm	Afternoon Matinee Movie (A FREE BAG OF POPCORN to all Center Members watching the movie)

Saturday

10:00 am - 12:00 pm	OFA of Nob Hill Meeting (every 1 st Sat.)
10:00 am - 12:00 pm	Roadrunner Strummers
10:30 am - 2:30 pm	AARP Defensive Driving (every 2 nd Sat./Space is Limited Call HSC to Sign-Up to Attend)
1:00 pm - 3:00 pm	Gray Panthers Group (every 4 th Sat.)
1:00 pm - 2:30 pm	NM Parkinson's Coalition Meeting (every 3 rd Sat. during even months of the calendar)
2:30 pm - 4:00 pm	Novel Book Club (every 2 nd Sat.)

Friendly Reminder...

A Current Senior Center Membership ID
is Required to participate in Activities,
and to Sign up for Trips.

November Day Trips

Trips are subject to change and we will make every attempt to notify you of any changes. Please keep a copy of your receipt as they are required for refunds. Thank you for your cooperation!

An “UPDATED” Department of Senior Affairs Senior Center Membership Card is Required at the time of purchase

Join HSC in December on a TRIP to:



Kick off the holiday season under the lights in Historic Old Town. Enjoy a New Mexican Christmas by eating tamales and biscochitos, and enjoy the view of Historic Old Town immersed in farolitos. Grab some hot chocolate and watch the time honored lighting of the giant Christmas tree, a spectacle made of over 150 different trees, at this magical Albuquerque event. Live entertainment will fill the streets on 15 stages and add to the festivities. The Albuquerque Museum, Natural History Museum of History and Science, and Explora will join in the evening with free admission and activities. Dinner will be at a local restaurant, and is at your own expense.

When: Friday Night, December 1st
Check-In: 4:00pm ■ **Return:** 9:00pm
Transportation: \$2

TRIP: NM Pinion Coffee House! Coffee Lovers, come join us & learn all about great coffee & how to decipher a coffee house menu in our comprehensive two hour seminar. Our fun and informative Coffee 101 class includes:

- Cupping (the practice of experiencing the tastes and aromas of brewed coffee)
- Roasting (you'll learn the different roasting terms and get to participate in actual coffee roasting) fun facts about coffee and its history.

Thursday, November 16th • Transportation: \$2.50

Check-in: 9:00AM • Return: 2:00PM (approx.)

- *Lunch will be at your own expense*



Presentations

from 9:00AM to 11:00AM

Wednesday, November 8th

Stay Ahead of the Scammers, Learn Fraud Protection & Safety



We've probably all taken at least one call from a fake IRS agent or a bogus Microsoft technician wanting to fix our computer - even if we don't have one. Learn about the most common scams circulating through New Mexico and how to protect yourself from becoming a victim.



We'll have LIVE ENTERTAINMENT

Happy
Thanksgiving!

by
Calvin Appleberry

A photograph of a man with a beard and glasses, wearing a tan jacket over a white shirt, sitting at a table. He is looking towards the camera. The background is a warm, reddish-brown color. There are some autumn leaves scattered around the bottom of the image.

Come Join Us For
Our Annual
Thanksgiving Meal

on **Wednesday, Nov. 22nd**
from **11:30AM to 1:00PM** *Reservations Required

CAN YOU SAVE MONEY ON MEDICARE?

Open Enrollment allows you to comparison shop and possibly save money. Healthcare coverage is essential, and should be considered a major purchase. Benefits experts from the NM Aging and Disability Resource Center can help you make an informed decision and select a plan that is cost-efficient based on your specific needs. Additionally, if you are in a plan but are not sure if it is fully meeting your needs, it is important to understand your other options. The New Mexico State Health Assistance Insurance Program (SHIP) provides FREE unbiased, personalized and confidential counseling about Medicare and health plan options. NM SHIP Coordinators do not sell, endorse or recommend any insurance products.

When: Wednesday, November 22nd

When: Wednesday, November 22nd

From: 9:00AM to 1:00PM

Highland Grill Hot Lunch Special: \$3.25

Reservations Required by 1:00 pm the Previous Day - Call 767-5210

Lunch is Served from 11:30 am - 1:00 pm * Menu is Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Loaded Baked Potato Oriental Vegetables Fruit Cocktail	2 Chicken Stew Tossed Salad Cornbread Melon	3 Salisbury Steak Rice Pilaf Mixed Vegetables Orange
6 Shepherds Pie Cauliflower & Broccoli Pineapple Chunks	7 Catfish Buttered Noodles Carrots Sliced Peaches	8 Green Chile Stew w/Pork Green Beans Chocolate Cake	9 Chicken Fried Steak Mashed Potatoes Calabacitas Apple	10 Center Closed 
13 Omelet Sautéed Potatoes Warm Apricots	14 Chicken Pot Pie Steamed Rice Spinach Peaches	15 Turkey Corn Dog Macaroni & Cheese Cabbage Banana	16 Diced Potatoes w/Red Chile Meat Sauce Brussel Sprouts Yogurt	17 Pork Chop Cornbread Stuffing Asparagus Mandarin Oranges
20 Open Face Burger Sweet Potatoes Green Beans Apricots	21 Vegetable Soup Rice Pilaf Biscuit Tapioca Pudding	22 Thanksgiving Luncheon Turkey & Fixings **Reservations Required 	23 <i>Center Closed</i> 	
27 Beef Patty w/Onions Red Potatoes Mixed Vegetables Chocolate Pudding	28 Chicken Alfredo Green Beans Warm Pears w/Cinnamon	29 Carne Adovada Enchiladas Pinto Beans Chocolate Chip Cookie	30 Beef Tips w/Noodles Glazed Carrots Croissant Sliced Peaches	

Hot Breakfast Served Monday-Friday 8:00am – 9:00am

Full Breakfast	\$1.50
Mini Breakfast.....	75¢
Breakfast Sandwich.....	\$1.00
Burrito.....	\$1.50
French Toast or Pancake.....	25¢
Oatmeal w/Milk	70¢
Side of Chile Red/Green.....	25¢
Biscuits & Gravy	\$1.00
(Wednesday Only)	



Al-a-Carte Lunch Monday-Friday 11:30 - 1:00 pm

Grilled Cheese	\$1.25
Sandwich of the day.....	\$1.50
Soup or Pie	50¢
Salad Plate.....Large...	\$2.00
Small...	\$1.00

Beverages

Milk or Juice	25¢
Coffee	30¢
Hot Tea.....	30¢